

In the Claims:

1. (Currently Amended) An exercise system for use submerged in water, the exercise system comprising: a first floatation element having a grasping member having first and second ends and including a pair of buoyant masses on the said ends of the grasping member, a second floatation element, and a third floatation element, the floatation elements having a specific gravity of less than one, the second and third floatation elements being adapted to engage the first floatation element, the second and third floatation elements each having grasping members and a pair of buoyant masses on the ends thereof;
2. (Previously Cancelled).
3. (Previously Cancelled).
4. (Previously Cancelled).
5. (Currently Amended) The exercise system of claim 1 further including means for releasably joining the first floatation element to the second and third floatation elements. ~~elements, the joining means having a specific gravity of less than one.~~
6. (Previously Cancelled).
7. (Cancelled)
8. (Cancelled)
9. (Original) The exercise system of claim 8 wherein at least the first floatation element and the second floatation element have indicia thereon.
10. (Previously Presented) The exercise system of claim 9 wherein the indicia reflects the buoyancy of the element it is placed upon.
11. (Cancelled)
12. (Previously Cancelled).